Floreio workout number 1

Friends, finally, we are ready to start some Floreio work with our workout number one.
First I will go through the various new routines and exercises we are going to use today and then I'll outline the workout structure.
Please go over the details carefully, watch the video clips and examine the details before you post a question on the comments section.

Breathing instruction - in most cases, if not mentioned otherwise, breath out completely when going into position in case of a stretch, or breath out partially if it is a strength and balance move.
Breath in when going back to neutral position.
Notice the nature of the movement, if the abdomen or chest is being pressurized by the movement - breath out.
Breathing is performed using nose and mouth, starting with the nose for breathing in and allowing mouth to join the effort when in need.
All of this is very basic, natural and common sense, I will go into more breathing techniques in the future, right now just make sure you are not holding your breath and creating a small 'oxygen debt' that later on will make you work much harder to repay.

IDO'S SQUAT CLINIC ROUTINE

This is a small sequence of movements used in my training facility to open up the hips and rehab the low squat position.
The squat position - an ancient, primal pattern in humans, still exists in many traditional societies that were not 'spoiled' by the use of the modern chair.

It is an essential component to Floreio work and we will dedicate a lot of effort and work to improve it, feel more comfortable while squatting, transitioning in and out of it, (In many ways not only the traditional 'squat down - come back up' used in traditional exercise systems) and moving while in the position itself.

The first exercise is the **Soleus Dynamic Squat Stretch**.
Grab a hold of an object about waist high and squat down while grabbing it. Drive your knees forward towards the wall while keeping your heels glued to the ground, extend back and repeat.
This is an excellent specific stretch for squatting and it addresses a very common weak link - the ankle limiting flexibility.

Perform 10 reps and hold the knees forward stretched position of the final rep for 10 sec.

The next exercise is **Hip Rotations On All Fours** and it is performed supported on hands and feet - facing the ceiling with the butt in the air while fully rotating the hips from external to internal rotation - one at a time.
First rotate your right hip out completely, while pivoting on the ball of your feet. Try to lead the motion from your heel and to point it to the ceiling in the end position. From there rotate on the toes back and into a complete internal rotation until the knee touches the floor next to the other foot. Come back to neutral and repeat with the other leg.
If discomfort is felt on the inside/outside of the knee (a sign of unprepared knees - can be due to lack of strength/flexibility/joint preparation, more on how to resolve such issues in future articles) just use your arms and your other leg to support most of the weight and perform the motion in the range of motion that is pain free.

Perform 10 reps, (5 per leg) and try to increase ROM as you go.

The next one is the **Squat Hip Rotations**.
This exercise is more difficult than the last one due to more bodyweight placed on top of the mobile joint and a more challenging position - posturally.
Start in a squat on the heels. First externally rotate the right hip out, while shifting the foot from a center foot position to the outer 'knife' side of the foot. Pause momentarily and come back to neutral. From there internally rotate the hip until the knee touches the ground next to your opposite foot. Pause for a sec and repeat with the other leg.
Read the instructions for pain management in the last exercise paragraph.

Perform 10 reps alternating right and left.

The next exercise in the routine is the **Toes Stretch**.
It is very basic position in many martial arts, yoga practices, etc...
Basicly start on your knees and feet, curl your toes back and sit on them, lowering your butt as close to your heels as possible, without allowing the heels to drift apart.

Hold the stretch for 30-60 seconds, while trying to deepen it with each breath out.

The next exercise is the **Dynamic Toes Stretch**.
From the Toes Stretch position, place either the tips of your fingers or your full palm (depending on flexibility) on the ground next to you.
From there and while making sure you are not lifting your fingers, drive the heels back towards the ground while lifting the knees up and back. Come back to the toes stretch while again making sure you are not breaking fingers contact.
At first this will seem impossible to some. You can use something to elevate your fingers off the ground at start. (maybe two equally thick books - one at each side)

Perform 10 reps.

The next exercise is the **Static Squat Position**.
Just go to your new, deepest squat, on your heels and hold.

Hold for 30-60 seconds.

The last exercise in the routine is a normal **Dynamic Squats**, using your 'new and improved squat position'.
While supporting heavy weights on one's back it is essential to keep the natural curvature of the spine when squatting, but here we do not require this restriction. (Although, as you can see in my clip, it wouldn't hurt to go for that as a bonus during warm up)
In traditional cultures the squat is rarely performed using an upright posture, due to the high demand of various muscle groups to maintain that posture, and though a very non-economic way to perform it.

Perform 10-20 repetitions, go as low as you can, without any pain or discomfort.

QDR ROTATIONAL PUSH UPS - BEGINNER

This is an exercise using the QDR pose. If you haven't already, please go to the link below, download and read my QDR article. Before starting out one should know the details of the position and practice it to some extent. If problems arise later on in flows using the QDR (and it will happen in most cases) always come back to the basic QDR practice and the details in this article.

QDR Article

This simple flow will start in the squat position. Place your hands forward and just a bit wider than shoulder width, knees outside of the elbows and balance your weight between you hands and feet.
Lower down as presented into one of the variations, while slowly rotating the knee inside the elbow on the active side. Come back into neutral and repeat with the other side.
Synchronize breath and motion, keep it flowing, start very slowly and notice the details.
Repeat for the desired number of reps.

QDR ROTATIONAL PUSH UPS - INTERMIDIATE AND ADVANCED

Choose one of the variations, repeat the same details going into and out of position as in the beginners variation.
In the first variation - just go in and out of QDR without putting your head down.
In the second variation - add a small rotation of the fixed QDR body position around the supporting elbow. Slide the head towards your hand and back while rotating.
In the third variation add a touch to the ground behind you on the ball of your feet only at the end of the body rotation.
In the fourth and final variation bend your knee and curl your leg under your butt while shifting back. Keep it smooth and breath. The head should pop in between the hands and return back while doing this version. Also, try to reach the ground behind you when in the Low Bridge One Legged position at a point in front and between your hands - creating a triangle between those three points of contact.

Repeat for the desired number of reps.

ROTATIONS INTO LOW BRIDGE - BEGINNER

In Floreio we will be using two back bridge positions - the classical 'high bridge' or 'gymnastics bridge' and the Low Bridge.
Each one mobilizes different parts of the body, and they are very complementary exercises.
The low bridge is the best to start out with, especially for folks who started their bridge practice later in life. It will place more demand on your toes and quads as opposed to lower back and shoulders in the higher bridge.
If you are limited by injury, the two bridge variations will allow you to work around the problem , sometimes.

First we will learn the **Low Bridge Slide**.
Lie on your back. Bend your knees while sliding the feet back as close as possible towards the butt. Take your hands backwards and place them at the sides of your head with flexed wrists.
Slide your whole body forward, while shifting into the balls of your feet and taking the knees forward. Use your hands to initiate this slide.
When you reach the position - knees close to the floor, contract your butt and lift up into the low bridge. Hold for 5-10 seconds. Come back to the floor reversing the sequence described above.
Repeat for the desired number of reps.

After the Slide we will learn the **Rotations Into Arch - Using The Wall**.
Stand with your back to a wall, in the distance of twice the size of your foot.
Place one hand backwards, shoulder rotated in and fingers pointing up. Shift some weight towards the hand.
Slowly, from the side start to rotate into and arch, trying to look at the wall at all times. The rotation needs to happen on the lower base side of your palm (opposite to the thumb) while lifting the rest of your palm off the wall until you reach the middle arched position. Also externally rotating the shoulder while going into the arch is essential.
When you aproach the complete arch, place the other hand on the wall mimicking the Low Bridge hands position. The fingers need to point at the ground while in the middle position.

Slowly shift the weight to the second hand and start rotating out (on the same spot at your palm) while internally rotating the shoulder and with lifter palm beside the point at the base of your palm.
When you reach the first position, only on the opposite side, push off the wall.
Place the last hand to touch the wall back into it and repeat the rotation into arch on the other side.
Repeat for the desired number of reps.

If you are feeling confident you can advance into the full **Rotations Into Low Bridge**.
Repeating the same details as in the wall variation, start in a squat position, place one hand behind you in line with the same side foot and rotate into the low bridge, while:
1. Shifting weight into the balls of your feet.
2. Fully rotating the shoulders.
3. Rotating on the spot shown on the base of the palm.
4. Contracting your butt partially. (50% is enough)
Keep it smooth and synchronize breath pattern with movement.

ROTATIONS INTO LOW BRIDGE - ADVANCED

The advanced version is basically 'handicapping' yourself to the use of one arm only. It requires balance and precision but pays off later on.
Start out exactly like in the beginner version of the exercise, rotate into the low bridge but instead of placing the second hand next to the first one, continue until it is glued to the side of your body. Come back with the hand and push out into the squat. Repeat on the other side and perform the desired number of reps. Read and reread the beginner section details. The answer to your question is probably there.

How to read the workout description

When possible, I use Charles Poliquin's system for logging workouts.
The order is A,B,C, etc... When there are more than one exercises/routines per letter like
A1, A2, A3 - rotate through them one after the other and start over at the first for the noted number of sets.

FLOREIO WORKOUT NUMBER 1 - BEGINNER

A1 Perform 5 min of jump rope
B1 Shoulder ROM and Stabilization routine X 1 set
C1 Ido's Squat Clinic Routine X 1 set

D1 Slide Into Low Bridge X 5 reps of 5 seconds holds in position (each rep)
D2 Rotations Into Arch Using The Wall X 10 reps
D3 QDR Rotational Push Ups -Beginner variation 10 reps
Repeat D1-3 for 3 total sets

FLOREIO WORKOUT NUMBER 1 - INTERMIDIATE

A1 Perform 5 min of jump rope
B1 Shoulder ROM and Stabilization routine X 1 set
C1 Ido's Squat Clinic Routine X 1 set

D1 Rotations Into Low Bridge X 10 reps
D2 QDR Rotational Push Ups -Beginner variation (Lift both feet off the floor) 10 reps
Repeat D1-2 for 3 total sets

FLOREIO WORKOUT NUMBER 1 - ADVANCED

A1 Perform 5 min of jump rope
B1 Shoulder ROM and Stabilization routine X 1 set
C1 Ido's Squat Clinic Routine X 1 set

D1 Rotations Into Low Bridge Advanced X 10 reps
D2 QDR Rotational Push Ups -Advanced variation X 10 reps
Repeat D1-2 for 3 total sets

Enjoy!